



Life YOUiversity

Quality personal and family life skills education for the military community.

Being Part of a Military Family

By: Frances H. Herron, L.P.C., Family Advocacy Educator, Fort Myer

Thousands of brave Americans have demonstrated their courage and commitment to freedom by serving the Armed Forces of the United States of America in active duty posts in Afghanistan, Iraq, and around the world. The duties of Service men and women often involve extended hours and long deployments. More than forty percent of these Soldiers, Sailors, Airmen, and Marines have left families with children behind. More than one million of America's children have at least one parent currently on active military duty. The military child is a committed family member whose life is affected by the duties and responsibilities of their parents. The military considers a content family as a component of military readiness.

Children of military families benefit in many ways from their parents' military assignments. They have the benefit of travel to interesting places, the invaluable experience of getting to know another culture (and sometimes, language), and the ability to be adaptable. Military families can become members of a supportive group consisting of other military families.

Military children may move as many as nine times between kindergarten and high school. Often the schools in their new location are not in the same state, and sometimes the academic requirements are different. The Federal "No Child Left Behind," law which requires testing of all children in grades three through eight, sometimes presents a problem for highly mobile military children — they may be tested on material which was not required instruction in their previous state. Occasionally, students find that they have not had the opportunity of taking the courses required for graduation at their new school.

The answer to this dilemma is increased coordination between the student's guidance department at their former school and their new school. This is accomplished through the comprehensive efforts of the parents and the professionals at the schools to ensure that the military child receives appropriate counseling and attention. This will mitigate the disruption of the child's academic goals and will go a long way toward helping him or her accomplish a smooth and successful transition.

The wellbeing of military children should be a matter of interest and concern to all Americans, and especially to those in the military community. While our men and women in the Armed Services are taking care of all of us, they need to know that their children are being taken care of at home. The commitment of families to maintain a stable life for their children is imperative to the morale of the service personnel who are serving far from home.


Resources: <http://www.militarychild.org>
http://www.americasupportsyou.mil/americasupportsyou/military_child
<http://www.nmfa.org>

Volume 7, Issue 3

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2007

All classes require early registration unless otherwise indicated. Registration information is included with each class description. Most classes are open to all Service members, their family members, and DoD civilians.

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For general or disabled access, more information, and registration, please contact the individual program number listed with the class ad.



To advertise your program, event or class in this bulletin, contact:

Karen St. Pierre
(703) 696-3512
Karen.Stpierre1@us.army.mil

PARENTING

Andrews Air Force Base, Maryland

Dads 101

Date(s): Last Tuesday of every month

Time: 8:00 a.m.—4:00 p.m.

Location: Chapel # 3, near base theater, Andrews Air Force Base

POC: Taught by Dads

To register, call (240) 857-9680/7501.

A class taught by dads for dads to include topics on pregnancy, coaching during childbirth, relationships, parenting issues and fatherhood. All ranks and branches welcome!



Infant And Toddler University

Date(s): Every Tuesday

Time: Infants 9:30—10:25 a.m. and Toddlers 10:30—11:30 a.m.

Location: Youth Center, Andrews Air Force Base

POC: Ms. Joyce Cravin, & Ms. Kadija Raddar

To register, call (240) 857-9680.

Playgroups for children ages 3 months to 36 months. All are welcome, retirees, active duty and even grandparents! Playgroup is free.

Bundles for Babies

Date(s): March 20, 2007

Time: 12:30—3:30 p.m.

Location: Airman & Family Readiness Center, Bldg 1191, Andrews Air Force Base

POC: Ms. Pamela Naylor

To register, call (301) 981-7087.

This 3 hour workshop addresses such topics as baby's financial future, special care for baby, nutrition for mom and child, stress management, plus car-seat safety video.

Bolling Air Force Base, DC

Dr. Dad

Date(s): Last Tuesday of every month

Time: 8:00 a.m. — 4:30 p.m.

Location: Chapel, Bolling Air Force Base

POC: TSgt Wilson & TSgt Madison, MSgt St. Fort

To register, call (202) 404-3523 or (202) 767-0611.

This course is taught by men for men regarding infant care, safety, health and injury.

Ready, Set, Baby

Date(s): Second Thursday of every month

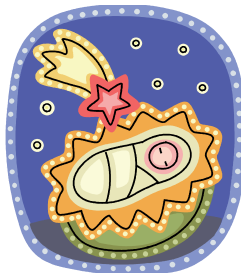
Time: 1:00—4:00 p.m.

Location: Family Support Center, Bolling Air Force Base

POC: Ms. Gail Tucker-Carlisle, RN

To register, call (202) 767-0450.

This course covers topics of Sudden Infant Death Syndrome (SIDS), Shaken Baby Syndrome (SBS), Breastfeeding and Post partum depression (PPD) along with other presentations by Family Support Center staff and Family Advocacy. The layette program is sponsored by Air Force Aid Society.



Fort Belvoir, Virginia

Play Mornings

Date(s): Every Wednesday & Thursday

Time: 9:00—11:00 a.m.

Location: Youth Services Building, 5850 Langfitt Loop, Fort Belvoir

Group Leader: Mr. Joseph Lee

To register call (703) 805-3339.

Parents and children 6 years and under are invited to join in group activities designed to encourage positive parent-child attachments, stimulate physical growth and brain development, while creating meaningful experiences for a lifetime. Immunization records required for all children and a blanket for infants.

Love and Logic Parenting

Date(s): February 13, 20, 27 & March 6, 13, 20, 27, 2007

Time: 6:00 – 7:30 p.m.

Location: DeWitt Army Hospital OB Department, Ft. Belvoir

Group Leader: Ms. Andrea Forrest.

To register, call (703) 805-3339/2693.

This program demonstrates to parents new ways of educating their children with love and logic by teaching them the 4 steps to responsibility, recognizing who has the control, and also designing consequences for unpleasant behaviors. This class is open to parents of children of any age. Space is limited and pre-registration is required.

Fort Myer, Virginia

Developmental Play

Date(s): Every Wednesday

Time: 9:30 – 11:30 a.m.

Location: Memorial Chapel Nursery, Fort Myer

Group Leader: Ms. Fran Herron, L.P.C.

To register, call (703) 696-3512.

Activities for parents and children ages 1-5 which focus on cognitive, physical and social skills through imaginative play, art, story telling and music. This interactive setting also helps develop parent/child bonding and parental support. Registration is required.

S.O.L.V.E.

Date(s): February 20, 27, & March 6, 2007

Time: 4:00—6:00 p.m.

Location: Library, Bldg 469, Fort Myer

Instructor: Ms. Fran Herron, L.P.C.

To register, call (703) 696-3512.

During these 3 weeks, parents will learn how to be active parents, win children's cooperation, develop responsibility, and build courage, character, and self esteem in your child.



Budgeting for Baby & Baby Bundles

Date(s): March 2, 2007

Time: 1:00—4:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier & Ms. Fran Herron, L.P.C.

To register, call (703) 696-3510.

New and expectant parents will learn to prepare themselves and their finances for the responsibilities of parenthood. The layette program is sponsored by Army Officer's Wives Club of the Greater Washington Area (AOWGA).

PARENTING (CONTINUED)

Active Parenting of Teens

Date(s): March 13, 20, 27, & April 3, 10, 17, 2007

Time: 4:00—6:00 p.m.

Location: Fort Myer Library, Bldg 469, Fort Myer

Instructor: Ms. Fran Herron, L.P.C.

To register, call (703) 696-3512.

During these 6 weeks parents will learn how to be an active parent. Learn skills to winning teen's cooperation, developing teens responsibility, building their courage, character and self esteem in your child and much more.



Children with ADD— Diagnosis, Treatment, and Management

Date(s): March 13, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Dr. Ruth Hoffman, Child Psychiatrist, WRAMC

To register, call (703) 696-3510.

Dr. Hoffman will present information, answer questions, and provide resources.

Walter Reed Army Medical Center, DC

Common Sense Parenting

Date(s): January 25, February 1, 8, 15, 22, & March 1, 2007 or March 22, 29, & April 5, 12, 19, 26, 2007

Time: 11:00 a.m.—12:30 p.m.

Location: WRAMC, Bldg 2, Classroom 2H26

Instructor: Ms. Gwen Sanders

To register, call (202) 782-0453.

This 6 week course provides information about positive parenting, effective discipline and communication.

HOME, MARRIAGE & MONEY MANAGEMENT

Fort Belvoir, Virginia

English as a Second Language Class (ESL)

Date(s): Every Monday

Time: 1:00—3:00 p.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

Group Leader: Ms. Patty Barron

For information, call (703) 805-4590

Registration is required. Please call.

US Citizenship

Date(s): Every Monday

Time: 5:00—7:00 p.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

Instructor: Ms. Patty Barron

To register, call (703) 805-4590.

This class is for students preparing to take the citizenship examination. Registration is required. Please call.

Newcomers Orientation

Date(s): February 5, & March 5, 2007

Time: 9:00—11:30 a.m.

Location: Sosa Community Center, Fort Belvoir

Instructor: Ms. Ponsella Whitehurst

To register, call (703) 805-5058.

This brief welcomes arriving soldiers, family members and civilian employees to Fort Belvoir.

Levy / Smooth Move

Date(s): February 9, 23, & March 9, 23, 2007

Time: 9:30—11:30 a.m.

Location: Barden Education Center, Fort Belvoir

Instructor: Ms. Tammye Braddy

To register, call (703) 805-4543.

This class helps prepare soldiers and family members for PCS moves.

Welcome to Germany

Date(s): February 15, & March 15, 2007

Time: 9:30—10:30 a.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

Instructor: Ms. Ponsella Whitehurst & Ms. Tammye Braddy

To register, call (703) 805-5058/4543.

This class is for personnel and family members preparing to PCS to Germany. Registration is required. Please call.



Welcome to Korea

Date(s): February 23, & March 23, 2007

Time: 9:30—10:30 a.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

Instructor: Ms. Ponsella Whitehurst

To register, call (703) 805-5058.

This class is for personnel and family members preparing to PCS to Korea. Registration is required. Please call.

Fort Myer, Virginia

Personal Financial Readiness

Date(s): February 1, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. Terry Beltz

To register, call (703) 696-3510.

Learn all the ABC's of getting your finances under control and becoming financially self sufficient!



HOME, MARRIAGE & MONEY MANAGEMENT (CONTINUED)

Debt Liquidation & Credit Management

Date(s): February 6, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. David Hobbs

To register, call (703) 696-3510.

This class covers various ways and different approaches to debt elimination and managing your credit.

Retirement Planning

Date(s): February 15, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. Tony Pao

To register, call (703) 696-3510.

Informational session on getting financially ready for retirement.

Preparing Your Taxes

Date(s): February 23 & March 23, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Tynisa Gaines

To register, call (703) 696-3510.

Workshop on filing and preparing your tax return. Session will also cover money saving tips.



Credit Booster: Understanding Your Credit Score

Date(s): February 26, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. Jeff Thomas

To register, call (703) 696-3510.

Find out everything you need to know about your credit score, what it means, and how it affects you.

Developing Your Spending Plan / Budgeting

Date(s): March 1, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier

To register, call (703) 696-3510.

Workshop gives all the necessary tools in creating your personal budget plan. By the end of the workshop you should have your own personalized plan.

Budgeting for Baby & Baby Bundles

Date(s): March 2, 2007

Time: 1:00—4:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier & Ms. Fran Herron, L.P.C.

To register, call (703) 696-3510.

New and expectant parents will learn to prepare themselves and their finances for the responsibilities of parenthood. The layette program is sponsored by Army Officer's Wives Club of the Greater Washington Area (AOWGA).



Home Buying Seminar & VHDA Home Ownership

Date(s): March 5, 2007 & March 22, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. Jeff Thomas & Mr. Terry Belts (VHDA)

To register, call (703) 696-3510.

Class covers budgeting, credit, the loan process qualifying and lower rate programs, home inspections, the loan closing process & closing documents.

ID Theft Awareness

Date(s): March 8, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. David Hobbs

To register, call (703) 696-3510.

Join us on safeguarding yourself against identity theft. Discover the various ways that ID theft occurs, how they affect you and what to do if you are a victim of identity theft.

First Termers Mandatory Money Management

Date(s): March 13, 2007

Time: 8:00 a.m. — 4:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier & Mr. Leonard Toyer

To register, call (703) 696-3510.

This class is mandatory for first term enlisted soldiers. The workshop covers the basics of personal financial management.

Everything You need to Know About Having Insurance

Date(s): March 15, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. Tony Pao

To register, call (703) 696-3510.

This class covers and answers questions on all types of insurance.

Smooth Move

Date(s): March 20, 2007

Time: 11:30a.m. — 1:30 p.m.

Location: Army Community Service, Bldg. 201, Fort Myer

Instructor: Ms. Alanah Lavinier

To register, call (703) 696-3510.

Get the latest information about ACS Relocation resources, the transition process, transportation information, travel pay & allowances, shipping household goods and budgeting for your move.



You Are In Control

Date(s): Five Thursday's March 22, - April 19, 2007

Time: 9:00 — 10:00 a.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Dr. John Lucero, Ph.D.

To register, call (703) 696-3456.

This successful series teaches participants how to recognize angry reactions and how to reduce negative emotional reactions and the physical symptoms that accompany anger by developing problem-solving skills, setting boundaries, and enhancing communication in order to have a sense of self-control.

EMPLOYMENT READINESS

Fort Meade, Maryland

Fort Meade DLLR/MWR Technical Job Fair

Date(s): February 2, 2007

Time: 10:00 a.m. —2:00 p.m.

Location: Club Meade, 6600 Mapes Road, Ft. Meade

Instructor: Mr. Jerome Duncan

To register, call (410) 674-5240.

This job fair is open to all job seekers. Job seekers who do not possess a Department of Defense (DoD) Identification card must enter the installation at the Reece Road Gate (Main Gate) off MD route #175. Job seekers who do not possess a DoD vehicle decal or id card must have in their possession a valid pictured drivers license, current vehicle registration and proof of vehicle insurance.

Career Exploration

Date(s): February 20, 2007

Time: 9:00 a.m. —12:00 p.m.

Location: 830 Chisholm Avenue, Fort Meade

Instructor: Ms. Phyllis Wheeler

To register, call (301) 677-5590.

How do I get another job when my husband/wife, significant other keeps getting transferred every time I get a good career opportunity? Find out how to live and work wherever you want! Using various assessment tools and techniques, learn about your personality preferences, values and interests and how to use them for achieving personal and professional success.

Resume Writing

Date(s): February 27, 2007

Time: 9:00 a.m. — 12:00 p.m.

Location: 830 Chisholm Avenue, Fort Meade

Instructor: Ms. Phyllis Wheeler

To register, call (301) 677-5590.

This workshop, ideal for first time resume writers, but with something for everyone, will provide tips on winning resume styles, the importance of cover letters and tips on following up on your resume. Please call to register and confirm classroom location.

Federal Employment

Date(s): March 20, 2007

Time: 9:00 a.m. —12:00 p.m.

Location: 830 Chisholm Avenue, Fort Meade

Instructor: Ms. Phyllis Wheeler

To register, call (301) 677-5590.

Learn about understanding job vacancy announcements, writing your Federal and Electronic Resumes, tracking your applications, writing KSA (knowledge, skill and ability) statements and more. Please call to register and confirm classroom location.

Job Search Strategies

Date(s): March 27, 2007

Time: 9:00 a.m. —12:00 p.m.

Location: 830 Chisholm Avenue, Fort Meade

Instructor: Ms. Phyllis Wheeler

To register, call (301) 677-5590.

In this workshop learn techniques to help you succeed in your job search as well as the tools for networking and negotiating job offers.

Fort Myer, Virginia

JETS Job Fair

Date(s): February 23, 2007

Time: 10:00 a.m. —2:00 p.m.

Location: Spates Community Club, Ft. Myer

POC: Ms. Judy Joyner

To register, call (703) 696-3510.

The Joint Transition Services and USO sponsor this job fair. Bring your resumes. Due to the confined space, this activity is not suitable for children.

Walter Reed Army Medical Center, DC

The Army Resume Builder Resumix / USA Jobs

Date(s): February 20, & March 20, 2007

Time: 9:00 a.m. — 12:00 p.m.

Location: Bldg 11, Room 3-02, Computer Room, WRAMC

POC: Ms. Leticia R. Velazquez

To register, call (202) 356-1012 ext. 40310.

Learn about army and government vacancies on line opportunities.

Tips for Successful Interviewing

Date(s): February 21 & March 21, 2007

Time: 9:00 a.m. — 12:00 p.m.

Location: Bldg 11, Room 3-09, WRAMC

POC: Ms. Leticia R. Velazquez

To register, call (202) 356-1012 ext. 40310.

Be prepared to turn job interviews into job offers.

**TEEN DATING
VIOLENCE AWARENESS WEEK
FEBRUARY 4—11, 2007
See Article on pg 7**

SUPPORT GROUPS



Andrews Air Force Base, Maryland

Heart Link Spouse Orientation

Date(s): February 13, 2007

Time: 8:00 a.m.—2:30 p.m.

Location: Airman & Family Readiness Center, Bldg 1191, Andrews Air Force Base

Instructor: Ms. Pamela Naylor

To register, call (301) 981-7087.

This orientation is for spouses newly assigned to Andrews to familiarize them with base services and Air Force entitlements.

International Spouses Meeting

Date(s): February 21, & March 21, 2007

Time: 6:00—8:00 p.m.

Location: Army Family Team Building Office, Bldg 1153, Fort Belvoir

Instructor: Ms. Julie Divine

To register, call (703) 805-5555.

This class provides information for foreign born spouses.

Fort Belvoir, Virginia

Hearts Apart

Date(s): February 15, & March 15, 2007

Time: 6:00—7:30 p.m.

Location: Army Family Team Building, Bldg 1153, Fort Belvoir

Instructor: Ms. Patty Barron

To register, call (703) 805-1519.

Support group for spouses whose sponsor is serving away from home.

Fort Myer, Virginia

Parents Helping Parents (PHP)

Date(s): February 27, 2007 & March 27, 2007

Time: 10:00 a.m.—12:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Ms. Danielle Semilla

To register, call (703) 696-3512.

PHP is an active group of parents who come together monthly to network with other parents while spending quality time with their children attending exciting and fun events and outings. This support group offers information, helpful tips, local resources and problem solving suggestions from the group participants. Our facilitator also provides referrals and information on other services available to parents. Activities vary every month. Why not come join us and be a PHP!

ARMY FAMILY TEAMBUILDING

Fort Belvoir, Virginia

Family Readiness Group Roundtable

Date(s): February 15, 2007

Time: 12:00 — 1:30 p.m.

Location: AFTB Classroom, Bldg 1153 Gunston Road, Ft. Belvoir

POC: Ms. Ann Hamilton

To register, call (703) 805-5556.

The USO, an essential FRG resource.

POC: Ms. Ann Hamilton

To register, call (703) 805-5556.

What would you do? FRG scenarios and discussion.

Family Readiness Group Roundtable

Date(s): March 8, 2007

Time: 12:00 — 1:30 p.m.

Location: AFTB Classroom, Bldg 1153 Gunston Road, Ft. Belvoir

AFTB - Level II

Date(s): March 13, 13, 20, 27, 2007

Time: 9:15 a.m. — 2:30 p.m.

Location: AFTB Classroom, Bldg 1153 Gunston Road, Ft. Belvoir

POC: AFTB Instructors

To register, call (703) 805-5556.

Level II presents leadership, effective problem solving, communication, stress management and more. Free childcare provided with at least 1 week advanced registration.

Dater's Bill of Rights

- I have the right to refuse a date without feeling guilty.
- I do not have to act macho.
- I may choose not to act seductively.
- If I don't want physical closeness, I have the right to say so.
- I have the right to be myself without changing to suit others
- I have the right to an equal relationship with my partner.
- I have the right to start a relationship slowly, to say, "I want to know you better before I become involved."
- If I am told a relationship is changing. I have the right not to blame or change myself to keep it going.
- I have the right to change my goals whenever I want.

EXCEPTIONAL FAMILY MEMBER SERVICES

Fort Belvoir, Virginia

Exceptional Family Member Respite Care Services

Location: Army Community Service, Bldg 210, Fort Belvoir

POC: Ms. Alma Keating

For more information, call (703) 805-2967.

EFMP families assigned to Fort Belvoir may receive up to 10 hours per month of free respite care services for those who qualify.

Exceptional Family Member Saturday Swim

Date(s): Every Saturday

Time: 1:00—3:00 p.m.

Location: Benyaurd Indoor Swimming Pool, Gay Rd. Bldg 183, Fort Belvoir

POC: Ms. Alma Keating

To register, call (703) 805-2967.

Free open swim for the entire EFMP family.

Exceptional Family Member Family Arts & Crafts

Date(s): Every 3rd Saturday of the month

Time: 1:00—3:00 p.m.

Location: Army Community Service, Bldg. 210, Fort Belvoir

EFMP families join together for a day of arts & crafts for the entire family. Different projects each month. Snacks provided.

Teen Bowling

Date(s): Every 2nd Saturday of the month

Time: 12:00—2:00 p.m.

Location: Fort Belvoir Bowling Center

POC: Ms. Alma Keating

To register, call (703) 805-5435/2967.

EFMP pays for one free game of bowling giving parents & teens an opportunity to fellowship together.

Parent Support Group

Date(s): Each 1st Saturday of the month

Time: 1:00—3:00 p.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

POC: Ms. Alma Keating

To register, call (703) 805-2967.

This group provides an opportunity for parents with special needs children to support each other and to receive resource information. Childcare not provided.

Rights & Responsibilities

Need information about your rights and responsibilities concerning disabilities?



Contact Your
Exceptional Family Member
Program Manager

Fort Myer . . (703) 696-3510
Fort Belvoir. (703) 805-2967
Fort Meade . . (301) 677-5590
WRAMC. . . (202) 782-3390

Fort Myer, Virginia

Children with ADD— Diagnosis, Treatment, and Management

Date(s): March 13, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Dr. Ruth Hoffman, Child Psychiatrist, WRAMC

To register, call (703) 696-3510.

Dr. Hoffman presents information, answer questions, and provide resources.

Teen Dating Violence Prevention

By: Dannielle Semilla, Victim Advocacy Program Manager

Abuse in a dating relationship can be confusing and frightening at any age. But for teenagers, who are just beginning to date and develop romantic relationships, this abuse is especially difficult. Surveys show dating violence is not uncommon among teens. When the abuse is physical or sexual, it can be easy to identify. Emotional abuse is much harder to recognize, but no less damaging.

Schools, parents, teachers, and community organizations all can help identify dating violence and provide support for abuse victims. Teens themselves must also learn to reach out and help friends who are victims of relationship abuse.

What are some early warning signs that my partner might abuse me?

There are certain behaviors that are often seen in people who abuse their partners. Here is a list of behaviors that should raise red flags.

- | | | |
|--------------------------------------|------------------------|---|
| • Blaming others for problems | • History of abuse | • Inflexible and rigid patterns of behavior |
| • Blaming you or others for feelings | • Explosive anger | • Jealousy and Possessiveness |
| • Breaking or hitting things | • Isolation | • Threats of violence |
| • Constantly checking up on partner | • Hypersensitivity | • Unrealistic expectations |
| • Cruelty to animals or children | • Low self esteem | • Use of force during an argument |
| • Forcing sex on partner | • Substance abuse | • Verbal abuse and name calling |
| • Forcing traditional gender roles | • Controlling behavior | |

What can you do if you or someone you know may be experiencing dating violence?

If you suspect that you are in a dating violence situation talk with a trusted adult who can assist you with finding resources in your community. Some online resources for teens are <http://www.advocatesforyouth.org/>, <http://www.seeitandstopit.org>.

Online resource for parents, Connect: A new mini-magazine for parents <http://www.connect-endabuse.org>.

24-hour National Domestic Violence Hotline: 1-800-799-SAFE (1-800-799-7233)

If you would like more information on this topic contact your local Family Advocacy Office.

Visit the Pentagon JMAC
Joint Military Assistance Center

This is a One Stop Information Family Service Center (FSC) located at the Pentagon, room 2D173 on the main concourse. It is jointly staffed by the Army, Marines and Navy FSC. Welcome Packets are on hand to pick up for newcomers. Military personnel are welcome to use the computer and internet access to coordinate in-processing or out-processing service. Commuter information, including metro rail/ bus and "slug" information is available to research. Individual appointments can be set up with the FSC program managers to address any concerns regarding Financial Readiness, Employment Readiness, Relocation Readiness services and more. Overseas classes are held by appointment for Welcome to Germany, Korea and Iraq.

The JMAC has a unique Joint Military One Stop Kiosk, touch screen computer to assist all services with inbound and outbound housing and relocation information. The centralized website helps military personnel locate significant housing information. Army one stop information is online at www.onestoparmy.com.

The **new hours** of operation are **0900-1400**. The phone number is (703) 692-7735. For additional questions please contact the ACS Relocation Program, at (703) 696-3510.

Sexual Assault Prevention and Response

Service Members, who are sexually assaulted have two reporting options:
They may choose -

Unrestricted Reporting by notifying law enforcement, Command, the Sexual Assault Response Coordinator (SARC), the Unit Victim Advocate (UVA) or a healthcare provider

OR

Restricted Reporting by notifying the SARC, UVA, Chaplain or healthcare provider

SARC Fort Myer, Tel. (703)696-8463 or (703)919-1611
SARC Ft. Belvoir, Tel. (703)805-2631 or (703)919-0986